



# Caving

program resource sheet | Early Adolescence

Caving is a physically and mentally challenging program in which students, with the support of a head-torch, must climb, crawl and squeeze their way through the only artificial cave system in Perth. A number of routes (varying in difficulty) can be taken through the tunnelling course, the choice depending upon the group and the students' abilities.

<b>Available at:</b>	Ern Halliday.
<b>Challenge considerations:</b>	Individual and team program requiring climbing through confined spaces.
<b>Duration of program:</b>	90 minutes.
<b>Items required:</b>	Enclosed shoes, long pants, t-shirt covering midriff and shoulders (preferably old clothes), hair ties for long hair. All long hair should be tied back.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <li>Respect and concern for others and their rights.</li> </ul>



## Program links:

Caving allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
<b>Interpersonal skills</b>	Building and nurturing relationships	Students will learn how some of their peers may be affected by confined spaces. They will be required to show respect for peers and realise how their thoughts, values and judgements can impact upon others.
	Cooperating and collaborating in groups	Students will need to work together to help others through difficult areas of the caving system. At times, peers may have to aid each other physically and emotionally to move through confined spaces.
	Leading, initiating and facilitating	Some students will be required to demonstrate leadership skills to lead their peers through the cave. These students must clearly communicate direction and be supportive and encouraging of their peers during challenging parts of the Caving program.
<b>Self-management Skills</b>	Understanding emotions	Students learn how others may feel within confined spaces and how to behave in a manner that is supportive and encouraging.
	Managing emotions	Students learn and realise how their attitudes, values and behaviours can affect their own and peers' attempts to stretch their level of challenge.
<b>Skills for physical activity</b>	Skills for recreating in the outdoors	Students learn Caving skills and techniques, whilst also learning why certain items of clothing are more beneficial than others in an outdoor environment.

Caving encourages the development of the following Overarching Learning Outcomes:

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